



# Frozen Beets

## Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

## Detail Introduction :

<b>Calories</b>	<b>35</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 60.0mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2.0g	<b>7%</b>
Sugars 0.0g	<b>0%</b>
Includes Added Sugars 0g	
<b>Protein</b> 1.0g	
Calcium 10.0mg	<b>0%</b>
Potassium 250.0mg	<b>6%</b>
Iron 0.7mg	<b>4%</b>
Vitamin D 0.0mcg	<b>0%</b>

Are frozen beets any good?

Once your beets are fully frozen, package them in freezer bags; and return them to the freezer. They'll keep indefinitely, but are best when used within a year. Since beets have a high water content, you may want to consider vacuum sealing them.

What do I do with frozen beets?

These frozen beet slices take all the messy prep off your hands and save much needed time in the kitchen. Blend them into smoothies, dips and soups – or use them to bring vibrant colour and flavour to everything from salads to rice to pasta. They're delicious roasted, steamed, boiled or microwaved.

How do I cook frozen beets?

All you need to turn frozen beets into roasted beets is a roasting pan, a little olive oil, and heat for half an hour. You don't have to defrost them or anything, just toss the beety frozen blocks with olive oil



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and roast till they're cooked through.